



What a Crock Meals Printable Menu (*Updated 12/2023*)

Questions? Call us at (484) 474-0451 or email help@whatacrockmeals.com

Chicken/Poultry

Meal/Price	Description
Cheesy Chicken - \$13.99	Juicy chicken and crisp scalloped potatoes are enhanced by bacon and broccoli and simmered in a scratch made cheese sauce that takes comfort food to a whole new level.
Chicken Marsala - \$14.99	A slow cooker spin on an Italian-American classic. Chicken, mushrooms, onions and herbs cooked in a Marsala wine sauce. Enjoy with a side of white rice. (Rice included with this meal)
Chicken Alfredo - \$14.99	Juicy chicken and tender broccoli simmered in our creamy, house-made alfredo sauce and served with penne pasta. A classic dish perfected for the slow cooker.
Chicken Parm Meatballs - \$14.99	Our well-seasoned chicken meatballs are stuffed with fresh mozzarella and served with Grandma's Gravy over penne pasta. Amazing Italian flavors all in one meal!
Chicken Pierogi Stew - \$12.99	Tender chicken, carrots, corn, peas and pierogis stewed with a country herb blend in a savory sauce.
Chicken Pot Pie Stew - \$11.99	Tender chicken, carrots, corn, peas and potatoes stewed with a country herb blend in a savory sauce.
Oven Roasted Pulled Chicken - \$11.99	Slow roasted chicken cooked in a light stock with Italian herbs and pre-pulled for your convenience. Perfect for sandwiches, salads, or with a side of our Creamy Garlic Mashed Potatoes.
NEW! Parma Rosa Chicken - \$14.99	Juicy white-meat chicken smothered in our scratch-made creamy, cheesy parma rosa sauce and served with penne pasta.
Honey Garlic Chicken - \$14.99	Juicy boneless chicken pieces are smothered in a sweet and tangy honey garlic glaze, then slow-cooked until they're ridiculously tender and served with rice and mixed veggies. Each portion comes with two large boneless chicken pieces.
Spanish Chicken & Rice - \$13.99	Our chef-crafted Spanish Chicken & Rice is made with perfectly roasted chicken, peas, and simple yet bold seasonings.
Turkey Chili - \$10.99	A classic healthy dish that has generous portions of premium ground turkey breast, green peppers, onions, beans & a blend of savory spicy chili seasonings.

Beef

Meal/Price	Description
Au Jus Buttermilk Steak - \$13.99	The Au Jus sauce makes this a juicy and delicious way to class up a sandwich - or serve this tender cut of meat as your main course with fresh veggies.
Beef & Broccoli - \$13.99	A Chinese-American classic with tender strips of beef and broccoli simmered in our sweet and savory brown soy and ginger sauce.
Beef Burgundy - \$15.99	Tender cooked beef with mushrooms and carrots, simmered in a traditional red wine sauce. Serve this dish over the egg noodles provided with this meal.
Beef Overstuffed Peppers - \$12.99	A rich, satisfying version of this great comfort food. With ground beef, black beans, corn, carrots and caramelized onions all cooked in a light, flavorful sauce.
Beef Stroganoff - \$14.99	A true comfort food classic, with tender, sauteed beef strips and mushrooms simmered in our house-made garlic cream sauce. Served on a bed of soft, buttery egg noodles.
Brisket Fajitas - \$15.99	Hand-cut strips of brisket simmered with fresh onions and peppers in a traditional fajita sauce. Comes with rice.
Grandma's Homemade Meatballs - \$13.99	Large, hand-rolled Italian meatballs simmered to perfection in our scratch made red sauce. Serve over the penne pasta included with this meal.
Grandma's Beef Stew - \$13.99	Premium beef slow cooked until it's ultra-tender and simmered with potatoes, carrots, and onions in our famous Grandma's Gravy red sauce.
Homemade Chili - \$9.99	A classic chili chock full of premium ground beef, green peppers, onions, beans, and a blend of savory chili seasonings.
New Orleans Braised Beef - \$15.99	Blackened USDA Choice Bottom braised in our authentic New Orleans Creole seasoning and slow cooked in our etouffee sauce: AKA "gravy with an attitude."
Old Fashioned Pot Roast - \$14.99	This dish features a large fork-tender cut of premium beef with a vegetable medley in a flavorful sauce that features a splash of wine for the ultimate comfort food dining experience.
Sloppy Joe - \$9.99	Our Sloppy Joe screams comfort with every bite! This All-American classic is the newest addition to our meal lineup.
Swedish Meatballs - \$14.99	A heap of tender and juicy beef meatballs smothered in our made-from-scratch savory cream gravy. Served on a bed of soft egg noodles.
Uptown Beef Stew - \$13.99	Outrageously tender premium beef is simmered with carrots, potatoes, onions, and peas in a luscious brown gravy. Our Uptown Beef Stew truly is a timeless meal.

Pork

Meal/Price	Description
Jambalaya - \$15.99	A classic Cajun dish featuring an intoxicating combination of andouille sausage, chicken, shrimp, and ham — all simmered in our delicious red Creole sauce.
Carnitas - \$10.99	Mexican-style braised pork simmered until it's unbelievably tender and juicy. This taco truck favorite is perfect on a taco, burrito, sandwich, or over a salad.
Roast Pork Ragu - \$13.99	Slow-roasted pork shoulder that is pulled and simmered in our scratch-made red sauce and served with a side of penne pasta.
Sausage Scallopini - \$11.99	Savory Italian sausage, peppers, and onions simmered in our scratch-made red sauce. This dish is best enjoyed as a sandwich on a toasted roll or atop some fresh pasta.
Smoked BBQ Pulled Pork - \$11.99	Choice pork roast is simmered until fork tender in our sweet Southern-style sauce. Simply use two forks to pull and the meat will fall apart, making it ideal for BBQ Pulled Pork Sandwiches.

Seafood

Meal/Price	Description
Jambalaya - \$15.99	A classic Cajun dish featuring an intoxicating combination of andouille sausage, chicken, shrimp, and ham — all simmered in our delicious red Creole sauce.
Shrimp Scampi - \$13.99	Fresh shrimp served in a house made crisp white wine sauce, cooked down with oil, garlic and a blend of Italian seasonings. Served with a side of penne.
NEW! Lobster Ravioli - \$15.99	Rich lobster enveloped in velvety pasta and simmered in your choice of sauce - our classic Grandma's Gravy, or our creamy, cheesy Parma Rosa sauce.
Shrimp Alfredo - \$15.99	Succulent shrimp in our creamy, made-from-scratch parmesan alfredo sauce and served over penne pasta.

Vegetarian & Vegan

Meal/Price	Description
NEW! Cheese Ravioli - \$10.99	Fluffy pasta stuffed with ricotta, mozzarella, romano, and parmesan cheeses and simmered in your choice of sauce - our classic Grandma's Gravy, or our creamy, cheesy Parma Rosa sauce.
Broccoli Alfredo - \$9.99	Broccoli florets and al-dente penne pasta simmered in our creamy and indulgent scratch-made alfredo sauce.
NEW! Roasted Root Vegetable Stew - \$11.99	Potatoes, carrots, onions, and sweet potatoes stewed in a hearty white wine and mushroom sauce. A delicious, healthy wintertime dish.
Veggie White Bean Chili (Vegan) - \$9.99	Simmer up a satisfying low-fat and low-calorie chili that is so hearty and flavorful that it will make you forget it's vegetarian!

Dips (sold by the pound)

Meal/Price	Description
Buffalo Chicken Dip – \$12.99, \$19.98 (two pound)	Tender chicken breast shredded into a blend of creamy cheeses, then brought to life with our bold and flavorful hot sauce. Serve with tortilla chips or soft pretzels.
Pepperoni Pizza Dip - \$12.99, \$19.98 (two pound)	A mouth-watering dip loaded with cheese and pepperoni. Pairs perfectly with chips, crackers, bread or just about anything! We love serving this with an Italian loaf or garlic knots.
Philly Cheesesteak Dip - \$12.99, \$22.99 (two pound)	We've taken the Philly Cheesesteak from the roll to the dipping bowl! This creamy dip is packed with Philly steak, green peppers, onions, and a three-cheese blend. Serve with a nice Italian loaf.
Spinach & Artichoke Dip - \$12.99, \$19.98 (two pound)	Fresh spinach, chopped artichokes, three cheeses and a pinch of seasoning makes this warm and creamy dip perfect for any gathering. Serve alongside pita chips, in a rye bread bowl, or with one of our other dips!

Soups (sold by the quart)

Meal/Price	Description
Broccoli Cheddar Ale Soup - \$15.99	A rich cheddar and broccoli soup brought to life with a splash of American Lager.
Homemade Chicken Soup - \$12.99	A classic chicken soup, just like mom used to make. Made with pulled chicken, carrots, peas, and green beans. Choose from noodles or rice to go with this staple. Customers with dairy allergies should select egg noodles, as our rice contains butter.
Loaded Potato Soup - \$13.99	A creamy soup loaded with chunks of potato, bacon, scallions and cheddar cheese. It's everything you love about a loaded baked potato, only in soup form!
Italian Wedding Soup - \$13.99	A hearty Italian Wedding Soup with hand-rolled all-beef meatballs and a medley of veggies and pasta. The perfect comforting soup for a chilly evening.
Minestrone Soup - \$12.99	Our hearty Minestrone Soup is a delightful blend of tender vegetables, Ditalini pasta, and savory Italian herbs, simmered to perfection in a rich tomato broth. Packed with flavor and wholesome ingredients, it's the ultimate comfort food for any season.

Sides & Sauces

Meal/Price	Description
Cheesy Garlic Bread - \$5.99	Seeded Italian loaf coated in butter from end to end, then sprinkled with a blend of parmesan cheese, mozzarella, and garlic salt.
Creamy Garlic Mashed Potatoes - \$6.99	Enjoy our hand-peeled and spoon-mashed red bliss creamy mashed potatoes that have just the right amount of butter, cream and garlic. These potatoes are the perfect pairing for any meal.
Dirty Rice - \$4.99	Cajun-style rice mixed with bell peppers, onions, black beans, carrots, diced tomatoes, and a bold seasoning.
Grandma's Gravy (24oz) - \$7.99	Our secret Italian red sauce recipe passed down from our founder's family for generations. This sauce is perfect for someone who wants a classic red sauce but doesn't have the time to spend an entire day in the kitchen making it.
Three Cheese Mac & Cheese - \$7.99	A delicious blend of cheeses and cream that are slowly melted together to perfection, then poured over al dente pasta shells.
Scampi Sauce (24oz) - \$11.99	Our delicious garlic and white wine scampi sauce.

Desserts

Meal/Price	Description
Chocolate Molten Cake - \$16.99	Goosey, chocolatey, and decadent. Designed specifically to be cooked in the slow cooker, this is certainly not your average chocolate cake! Serve with vanilla ice cream and enjoy
Famous 4 th Street Cookies (various flavors) - \$11.99 to \$13.99	Famous 4th Street's gourmet cookies are homemade using all-natural ingredients. Each tub contains 16 cookies worth of dough (one pound) and is shipped to you frozen. Choose from a rotating selection of flavors including Chocolate Chip, Oatmeal Raisin, M&M, Sugar, Peanut Butter, and more!
Rotating seasonal selection of desserts – prices vary	Each season (fall-winter and spring-summer) we introduce new crockpot desserts! Visit whatacrockmeals.com or call 484-474-0451 to see what's currently available. Desserts include Peach Cobbler, French Toast Bread Pudding, Apple Cake and more!

Extra Information

- Our meals are sold by the portion. One portion is built to feed one person with a large appetite or two light eaters. On average, one portion weighs between 1.5 and 2 pounds.
- This menu may become outdated as product inventory changes over time. Please visit whatacrockmeals.com to view our most up to date menu.
- **Prices are subject to change.**
- Nutrition and allergen information is available on our website. (whatacrockmeals.com)
- Subscriptions and meal bundles are available on our website. (whatacrockmeals.com)
- Gift cards are available on our website. (whatacrockmeals.com)
- Meal availability may vary based on time of year/inventory.
- Wondering which size slow cooker you should use?
 - 1 Portion meals, soups, and dips cook best in a 2-to-3-quart slow cooker.
 - 2 Portions can cook in a 4-to-6-quart slow cooker. A 4 quart is the optimal size.
 - 3 Portions can cook in a 4-to-7-quart slow cooker. A 5 quart is the optimal size.
 - 4 Portions can cook in a 5-to-7-quart slow cooker A 6 quart is the optimal size.
 - 5 Portions can cook in a 6-to-7-quart slow cooker. A 7 quart is the optimal size.